

SESSION 1: January 4 – February 14 | **SESSION 2:** February 15 – March 28

Registration is open now. These classes are not included in your membership, require registration and are available for an additional cost.

Midtown Specialized Group Fitness Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 am			Intermediate Kettlebell (C) Dawn	Boot Camp (FD) Tim	Intermediate Kettlebell (C) Dawn
6:30 am				Intermediate Yoga (C) Krista	
4:00 pm				Intermediate Yoga (A) Ben	
5:00 pm		Beginning Kettlebell (C) Kelli			
		Boot Camp (FD) Tim			
6:30 pm				Intermediate Kettlebell (C) Dawn	
7:30 pm	Shotokan Karate (C) Ahcene	Intermediate Yoga (A) Ben			
		Qi Gong (155) Joe			

WEEKEND

TIME	SATURDAY	SUNDAY
12:00 pm	Boot Camp (G) Aldrin	
	Intermediate Yoga (A) Ben	

Location: (A) = Studio A, (C) = Studio C, (155) = Room 155, (FD) = Fitness Desk, (G) = Gym

Midtown TRX Classes

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Midtown	TRX 7:00 am (GTS) Ben		TRX 6:00 am (GTS) Bonnie	TRX 5:30 pm (GTS) Ben	TRX 10:45 am (GTS) Jill
	TRX 6:00 pm (GTS) Alejandra				

WEEKEND

LOCATION	SATURDAY	SUNDAY
Midtown	TRX 11:00 am (GTS) Diana	

Location: (GTS) = Group Training Studio

Midtown Pilates Reformer Classes

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Midtown	Intermediate Reformer 6:00 am (GTS) Alejandra	Jumpboard 5:30 pm (GTS) Christine	Essential Reformer 10:30 am (GTS) Jill	Essential Reformer 6:30 pm (GTS) Alejandra	Intermediate Reformer 8:00 am (GTS) Kelli

WEEKEND

LOCATION	SATURDAY	SUNDAY
Midtown	Jumpboard 10:00 am (GTS) Kelli	
	Essential Reformer 3:00 pm (GTS) Kamalar	

Location: (GTS) = Group Training Studio